



coffee farming

## Module -2

# Women's Empowerment in Coffee farming

Farmer Group Educator (FGE) training sessions



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## Women's Empowerment in Coffee farming



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# Session-1 Women's Empowerment

What is empowerment?

*Empowerment means people having power and control over their lives. People get the support they need that is right for them. Empowerment means that people are equal citizens. They are requested and confident in their communities. You can't empower someone else or make someone empowered.*

- Women's empowerment is the process of supporting the advancement and enhancement of women's power and agency to expand their ability to control their lives. It implies empowering and enabling men and women to participate more effectively in agrifood systems, which also translates into improving the well-being of their children and future generations (FAO, 2023).
- Women's empowerment is also key to economic and social outcomes





# Women's empowerment has five components:

1. Women's sense of self-worth
2. Their right to have and determine choices.
3. Their right to have access to opportunities and resources
4. Their right to have power to control their own lives, both within and outside the home
5. And their ability to influence the direction of social and their ability to influence the direction of social change to create a more just social and economic order.





## Session-2

### Women's Rights and Responsibilities

- Despite the increasing attention placed on gender since the Fourth World Conference on Women, held in Beijing in 1995, there are still large gaps in achieving gender equality in agrifood systems.
- While women have gained more access to some resources – such as digital technology and financial services – over the past decade, the gaps are either unchanged or growing in far too many areas, particularly for rural women.
- It is the right of every rural woman, there well-being and provide equal opportunities for economic growth, incomes, productivity and resilience. Also providing a comprehensive picture of the status of women working not only in agriculture, but across agrifood systems. The challenges women face, particularly in rural areas, and provides actionable and policy-oriented evidence about what has succeeded in improving equality.

## Session-3

### Access to land, credit and market opportunities



- Women's access to assets and resources key to agrifood systems – such as land, inputs, services, finance and digital technology – continues to lag behind men's
- Gender in Agriculture reveals that women lack access to agricultural inputs, training, information and marketing services
- These women are involved in almost all agricultural processes and vital functions, yet they still often lack recognition
- Their agricultural work is perceived as secondary to their domestic responsibilities and to men's involvement in agriculture.
- **Access to credit** – Credit is a limited resource for both male and female farmers. However, since women often do not possess collateral in the form of physical assets, they have more difficulty accessing the finance they need to buy inputs and invest in their farms. These specific challenges have a strong impact on women farmers' income.





## **Group work**

**To discuss the issues of access to market, credit etc. And do mapping of credit institutions and communities' groups around.**



## Session-4

### Building confidence and leadership skills

Confidence-building, in general, refers to the process of increasing someone's self-assurance and belief in their abilities, qualities, or ideas.

Building confidence involves fostering a sense of self-trust and belief in one's capacity to succeed and handle challenges.



# What is leadership?

A process of social influence in which one person can enlist the aid and support of others in the accomplishment of a common task.

Effective leaders understand the power of teamwork. Encourage collaboration among team members, leveraging their unique strengths.

Empowering your team members by delegating responsibilities based on their skills and expertise is crucial. Provide them with the necessary resources, guidance, and autonomy to excel in their roles.





# What is leadership?

1. Promoting women's leadership within cooperatives and producer organizations and community level can help to ensure that all member farmers and workers have their voices and perspectives represented.
2. Through creating spaces for women in coffee-farming communities to explore their own power and influence, their preferred leadership styles, and strategies for leading to empower others.
3. Increasing leadership's awareness of the benefits of women's inclusion in their businesses can lead to the adoption of business practices which support dignified opportunities for women as workers, members, and leaders beyond solely the production aspects of the value chain.
4. To raise their voices collectively these changes across the value chain can support women's livelihoods.
5. When women have income and decision-making power, they can transform their communities and dismantle the barriers that limit their opportunities.





**Farming practices**



**Farm group**

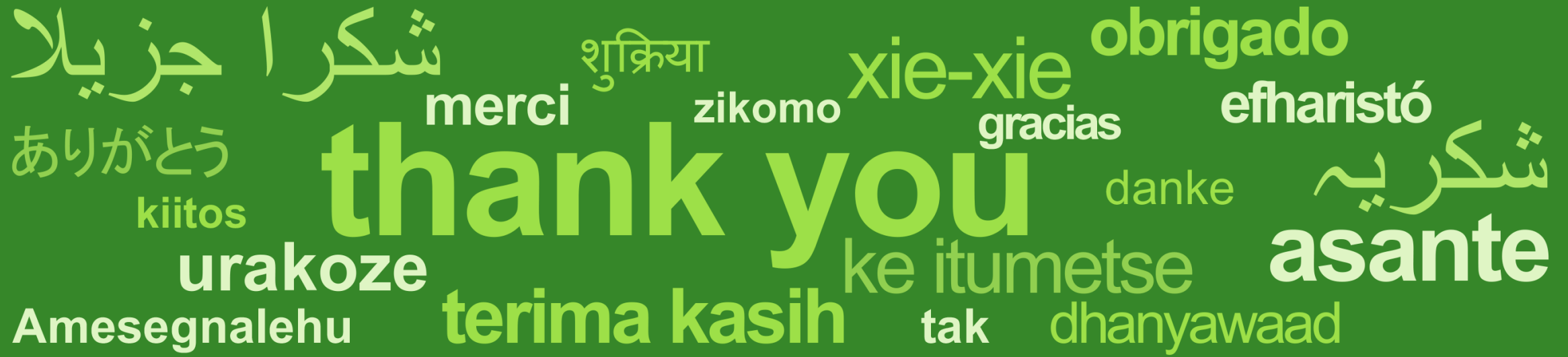


**Gender  
& ESS**



**Financial literacy**





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